

Frittata Pockets

Makes: 100 Servings

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Ingredients	Weight	Measure
Olive oil		2/3 cup
Onions, fresh	6 lbs	
Thyme leaf, dried		2 Tbsp
Eggs, whole, fresh and frozen	13 lbs 2 oz	
Salt		1/4 cup
Cayenese pepper		1/2 Tbsp
Parmesan cheese, shredded		1 qt 2 5/8 cups

Nutrition Information	
Nutrients	Amount
Calories	220
Total Fat	9 g
Saturated Fat	3 g
Cholesterol	257 mg
Sodium	611 mg
Total Carbohydrate	21 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	13 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Tomatoes, fresh	50 each
Pita Bread, 6 1/2-in. rounds	50 each

Directions

1. Preheat oven to 375 degrees F.
2. Spray five 12x20x2-in. pans with nonstick cooking spray.
3. Heat oil in a steam-jacketed kettle or large skillet. Add chopped onions and thyme. Cook, stirring occasionally, until limp, about 5 minutes, adding water if necessary to prevent scorching. Drain off any excess liquid and divide evenly between pans.
4. Beat eggs, salt and pepper. Pour about 2 1/2 cups egg mixture of onions in each pan. Bake 12-15 minutes until mixture is puffy and firm in the center.
5. Sprinkle 2/3 cup of cheese over eggs in each pan. Bake an additional 3-5 minutes, until cheese is melted. Slice eggs in each pan into strips, cutting each pan 2x10.
6. Cut each pita in half. For each serving, portion two strips egg mixture and 1 1/2 Tbsps. tomatoes into each pita half. Serve immediately.

Source: American Egg Board